

Good Times Senior

May 2014
Volume 11



Brunswick Senior Center Monthly Newsletter

**Arthritis
Awareness
Month**

Enough to Make You **SMILE**

**Older Americans
Month**

*No more winter, no more snow
No more wind chill making it 20 below
It's enough to make you **SMILE** !*

**Be Kind to
Animals Week**
May 4-10

*Temperatures are warming to 60 degrees
Put away the sweaters, take out the short sleeves
It's enough to make you **SMILE** !*

**Backyard
Games Week**
May 19-26

*Flowers are sprouting, grass is turning green
The sunsets are the prettiest you've ever seen
It's enough to make you **SMILE** !*

**Miniature Golf
Day**
May 10

*The days are much longer and the neighbors are out
You feel so happy you want to dance and shout
It's enough to make you **SMILE** !*

Mother's Day
May 11

*So enjoy your spring and the summer soon to come
'Cause before long snow and winter will have begun
And that's enough to make you **SMILE** !*

**Night Shift
Workers Day**
May 14

**Senior Health
and Fitness Day**
May 28

Carnival
May 30

Laura Balcom, Millis, MA

Contact information:

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Highlights for MAY

Thursday May 8

Craft Project-Spring Wreath
\$3.00 fee for materials
Frederick Senior Center
10:00 Leave Brunswick
11:00 Crafts
12:00 Lunch
1:00 Falls Prevention program

Department Sponsored Bus Trips Flier is now available online or at the center to pick up, there is a little something for Everyone.

- Whitewater rafting
- Luray caverns
- Paddlewheel boat ride
- PA State Capitol
- Aviation Museum
- Inner Harbor Spectacular
- Tubing
- Flight 93 Memorial

Friday May 9

Wal-Mart Shopping in Frederick, MD
10:30 Leave Brunswick
11:00 lunch at Frederick Café
12:00 –2:00 shopping
3:00 return to Brunswick

Friday May 16

Wal-Mart Shopping in Charlestown, WV
10:30 leave Brunswick
11:00 lunch on your own
12:00-2:00 shopping
3:00 return to Brunswick

Tuesday May 20

5:30 Card Party
PIZZA for dinner
Please call ahead to reserve your meal.

Tuesday May 20

1:00 Library –Brunswick Library visit

Wednesday May 21

11:30-Lunch out with Friends
1:00 Bingo at Brunswick House
Call for transportation

Thursday May 22

**Lunch with Mayor Karen Tome
Special Picnic Menu**

Wednesday May 28

9:00 Coffee & light fare
10:00 Card games
12:00 Lunch
100 BINGO

Friday May 23

10:30—2:00
Brown bag lunch in the park.
Join us as we travel to park in scenic Burkittsville. Sign up for lunch.

Tuesday May 27

11:00 am Lunch & Learn
“Seniors and Fraud”
Presented by PNC Bank

Wednesday May 28

9:00 Light fare Breakfast
10:00 Card & Games
12:00 Lunch

Friday May 30

10:00—2:00 CARNIVAL

Hosted by the Senior Centers of the Department of Aging
Please see flier for more details.
Transportation available for \$2.00 round trip. Please sign up quickly seating is limited!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2014

Brunswick Senior Center



11
National Skin
Cancer
Awareness
Month

Mother's Day

18
Carnival
Friday May 30-
Sign up for
transportation

5
Each May, the
nation celebrates
Older Americans
Month to
recognize older
Americans for
their
contributions and
provide them
with information
to help them stay

12
healthy and
active. This year,
the focus is on
injury prevention
with the theme:
Safe

19
Today,
Healthy
Tomorrow

6
9:00 Strength Training
10:30 Cards
11:00 Dr. Okino
11:45 Tuesday Trivia

13
9:00 Strength Training
10:30 Cards
11:00 Wii Bowling
1:45 Tuesday Trivia

20
9:00 Strength Tr.
10:30 Cards
11:00 Wii Bowling
1:45 Tuesday Trivia
1:00 Library-check it out!
5:30 Card Party

27
9:00 Strength Training
Lunch & Learn
11:00 Fraud & Seniors
1:45 Tuesday Trivia

7
10:30 Video Exercise
11:45 Nutrition Minute
12:45 Bingo

14
10:30 Video Exercise
11:00 Nurse Steve-
"How can I make sure my
doctor knows what I want?"
12:45 Bingo

21
11:00 Lunch
out with Friends
1:00 BINGO at
Brunswick House

28
9:00 Breakfast &
Cards games
10:30 Video Exercise
12:45 Bingo

8
**Visit Frederick
Senior Center**
11:00 Crafts w/Cathy
12:00 Lunch
12:30 Falls Prevention

15
9:00 Strength Training
10:30 Cards
11:00 Rummikub
6:00 Dinner & Dance

22
9:00 Strength Tr.
10:00 Mobile I & A
10:30 Cards
11:00 Rummikub
**12:00 Meet our
Mayor Tome**

29
9:00 Strength Training
10:30 Cards
11:00 Rummikub
1:00 Crochet group

9
DoA Bus Trip
10:30 – 3:00
Wal-Mart
Shopping Trip

16
DoA Bus Trip
10:30 – 3:00
Wal-Mart
Shopping Trip

23
10:30 Video Exercise
11:00 Wii Bowling
12:00 Noon
**Picnic in the Park
with a Brown Bag
lunch**

30
Carnival
10 – 2
Frederick Senior
Center



10
Help others get
ahead.
You will always
stand taller with
someone else on
your shoulders.
~Bob Moawad

17
Armed Forces Day

24
Special Menu:
Wednesday
May 22
Hamburger or
Various, Baked
Beans, Corn
bread, Pickle test
your skills.
Grilled Hot dogs
and snacks for
sale.

31
May Day

Memorial Day

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p>				
5 Grape Juice Sweet & Sour Meatballs Brown Rice Fresh Grape Tomatoes Apricots Wheat Bread	6 Apple Juice Beef Burgundy Brown Rice Mixed Vegetables Pineapple Tidbits Biscuit	7 Orange Juice Pepper Steak Rice Corn Wheat Bread Fresh Seasonal Fruit	8 Pineapple Juice Chicken Cordon Bleu Mashed Potatoes w/Gravy Cole Slaw Brussels Sprouts Roll Cherry Crisp	9 Pineapple Juice Thai Curry Chicken Breast Rice Peas & Carrots Wheat Roll Fresh Apple
12 Orange Juice Roast Beef on Kaiser Roll Red Onion Slice Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	13 Orange Juice Pizza Burger on Roll Shredded Mozzarella Cheese Baked Beans Fresh Cabbage Slaw Diced Peaches	14 Cranberry Juice Hot Grilled Diced Chicken with Sesame Noodles Cucumbers, sliced Wheat Bread Pineapple Tidbits	15 Fresh Tossed Salad Low Fat Ranch Dressing Tuna Salad Whole Wheat Bread Copper Pennies Hot Spiced Applesauce Lettuce & Tomato	16 Pineapple Juice Chicken Teriyaki Nuggets Collard Greens Brown Rice Fruit Cocktail Wheat Bread
19 Grape Juice Hearty Beef Stew w/ Mixed Vegetables & Potatoes Fresh Sliced Apples Wheat Dinner Roll	20 Grape Juice Baked Potato Tossed Salad Low Fat Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce Wheat Bread	21 Cranberry Juice Turkey Sliced w/Gravy Scalloped Potatoes Au Gratin Fresh Spinach Ranch Dressing Fruit Cocktail	22 Hot Dog Roll Baked Beans Cole Slaw Potato Salad Fresh Fruit	23 Tomato Juice BBQ Pork Loin Barley Mushroom Pilaf Baby Whole Carrots Wheat Bread Apricots
26  MEMORIAL DAY HOLIDAY	27 Pineapple Juice Hamburgers Hamburger Roll Mashed Potatoes Fresh Cole Slaw Apricots	28 Orange Juice Navy Bean Soup Chicken Caesar Salad Wrap Lettuce, Shredded Cheese Diced Chicken Meat Tortilla Fresh Pears	29 Fruit Punch Salisbury Steak w/Gravy Green Beans Brown Rice Fresh Seasonal Fruit Whole Wheat Roll	30 Senior Carnival at the Frederick Senior Center

~Menus subject to change~

~Milk is served with every meal~

May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors, . After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

Some famous people born during the month of May include:

David Beckham (soccer player) – May 2, 1975

James Brown (musician) – May 3, 1933

Mary J—May 6

Tony Blair (British PM) - May 6, 1953

Gary Cooper (actor) – May 7, 1901

Don Rickles (comedian) – May 8, 1926

Candice Bergen (actress) – May 9, 1946

Florence Nightingale (nurse) – May 12, 1820

Stevie Wonder (musician) – May 13, 1950

Joe Louis (boxer) – May 13, 1914

Kelly F—May 14

Mark Zuckerberg (entrepreneur) – May 14, 1984

Janet Jackson (singer) – May 16, 1966

Tori Spelling (actress) – May 16, 1973

Tina Fey (comedian) – May 18, 1970

Cher (singer) – May 20, 1946

Mary Cassatt (artist) – May 22, 1844

Ian Fleming (writer) – May 28, 1908

Ekaterina Gordeeva (ice skater) – May 28, 1971

John F. Kennedy (U.S. President) – May 29, 1917

Mel Blanc (voice actor) – May 30, 1908

Brooke Shields (model) – May 31, 1965



Notable Quotable

“The only achievement I am really proud of is the friends I have made in this community.”

Gary Cooper
(born May 7, 1901)



May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for just about every culture. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance as a tribute to the month's namesake, Maia, goddess of the life cycle. *Maia* is related to a Latin word that means “increase” or “growth.”

Pedal Pusher

Maybe it's the warming weather, the fresh air, or the budding flowers and trees, but May seems the perfect time to pass the hours outside. What better way to enjoy the spring air than on a bicycle? May is Bike Month.

Bikes aren't just for getting from point A to point B anymore—they are for socializing and having fun. Bike riding is an incredible form of exercise too. Riding is good for your heart, building muscle, burning calories, and improving coordination.

There are bikes for almost every type of rider or occasion. Fat-tired bikes help us bounce along rocky trails. Slender bikes allow us to race on smooth paved roads. Recumbent bikes demand that riders pedal while reclining. Tandem bikes, those bicycles built for two, have riders pedaling in unison (and doing half the work!). There are even prone bicycles that allow you to move while lying on your stomach, "sociable" bikes that allow two riders to sit side-by-side, and "busycles" that can carry up to 15 riders.

If you need a little extra push to help you up those hills, you may consider an electric commuter bike. These ingenious bicycles utilize an electric motor that allows you to ride up to 30 miles without even pedaling. Add some pedal power, and you can ride even farther. Plug it in, charge it up, and go. Some models even fold in half for easy storage.

If riding isn't your idea of a good time, then kick back, relax, and watch the pros pedal. From May 9 to June 1, the greatest riders in the world will be racing all over Italy in the Giro d'Italia. The winner dons the pink jersey and all the bragging rights...at least until July's Tour de France begins.



Now Hear This

Hearing loss is the number one disability in the world, affecting 500 million people both young and old. Hearing decreases as we age, and more people living longer means more people suffer from hearing loss. However, the main culprit of hearing loss is too much noise. This May

31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system.

This is advice worth listening to.

May Firsts in Sports History

Many firsts in sports happened in May. Here are just a few of them.

1742: First indoor swimming pool opened in London.

1873: First Preakness Stakes thoroughbred horse race held.

1875: First Kentucky Derby held.

1876: First “no-hitter” pitched in the National League.

1877: First Westminster Kennel Club dog show held.

1887: Racetrack betting legalized in New York.

1891: First French Open tennis tournament played.

1904: First “perfect” baseball game pitched.

1914: The Grand League of American horseshoe Players begun.

1915: Babe Ruth hit his first home run.

1935: Baseball changed dramatically in 1935 with the introduction of lights

1939: First televised baseball game broadcast.

1963: First American climbed Mt. Everest.

1973: First four-year athletic scholarship awarded to a woman.



Baseball—The Postwar Era

5-28-1946-The Senators beat the Yankees 2-1 in the first Yankee Stadium night game.

5-30-1946-Bam Rowell is the first player at Ebbets Field to smash the Bulova clock, which becomes the inspiration for a scene in the movie “The Natural”

6-9-1946-Mel Ott is the first manager to be thrown out of both games of a doubleheader.

4-15-1947-Jackie Robinson plays in his first major league game and is the first black player in this century.

7-8-1947-Spec Shea is the first rookie pitcher to win an All-Star game.

7-8-1947-Schoolboy Rowe is the first player in an All-Star game, once from each league.

8-21-1947-The first Little League World Series is played

8-26-1947-Dan Bankhead is the first black pitcher in the major leagues.

9-17-1947-Jackie Robinson is the first player named Rookie of the Year.

9-17-1947-Yogi Berra hits the first World Series pinch homer.

8-13-1948-Satchel Paige pitched his first major league game and simultaneously earned his first major league shutout.

3-1-1949-The Cardinals are the first team evicted by their own stadium.

4-18-1950-President Truman is the 1st President to throw two first pitches—one left handed and one right handed.

Nutrition & Healthy Cooking **No Secret**

What is it about living in the Mediterranean that allows people to live longer? Is it the sunshine? The red wine? Science suggests that it's the Mediterranean diet. This is no diet fad but rather a simple diet that consists of foods typical of the Mediterranean region. And, yes, the occasional glass of red wine is included! May is International Mediterranean Diet Month, so be sure to add a few of this region's foods to your shopping list.



All healthy diets require a variety of fruits, vegetables, and whole grains, but what makes the Mediterranean diet special? Bread is a staple in many Mediterranean countries, but the grains typically are whole grains, containing no damaging trans fats. Moreover, these whole grain breads are eaten plain or simply dipped in olive oil, not spread with butter or margarine. Also, salt isn't the first choice when it comes to increasing flavor. Instead, cooks sprinkle on herbs and spices.

Nuts are another frequent addition to meals. Nuts are often believed to be high in fat, which is true, but they are high in healthy fats. A Mediterranean diet avoids honey-roasted or salted nuts.

Speaking of fat, olive oil is almost always the primary source of fat, used in lieu of vegetable or canola oil and butter. Olive oil helps reduce cholesterol and is full of beneficial antioxidants. Eating fish at least twice a week (and red meat only a few times a month) also increases the intake of omega-3 fatty acids, which help moderate blood pressure, improve the health of blood vessels, and decrease the likelihood of heart attacks.

What about red wine? Dark red wine is known to be incredibly rich in antioxidants, but many doctors hesitate to recommend alcohol as part of a healthy diet. Whatever the secret of the Mediterranean diet, studies show that it staves off heart disease and cancer and can even reduce incidences of Parkinson's and Alzheimer's. Cheers to that!

Italian Bread Dipping Oil Recipe

Create your own flavor blend by adding different herbs or spices to the olive oil. This restaurant-style dipping oil is perfect with crusty bread.



*1/4 teaspoon salt
1/2 teaspoon garlic powder
1/4 cup extra virgin olive oil*

*1 teaspoon grated parmesan cheese
1/8 teaspoon crushed red pepper
Sliced Italian bread for dipping*



Not-So-Sweet Strawberry Pie-A low sugar recipe

Ingredients:

- 1 (3.4-ounce) box cook-and-serve sugar-free vanilla pudding
- 2 cups water
- 1 (3-ounce) box sugar-free strawberry flavored gelatin
- 4 cups sliced fresh (or frozen and thawed) strawberries

Directions

1. Combine vanilla pudding and water in a medium microwave-safe bowl. Microwave for 6 minutes, stirring halfway through.
2. Add strawberry gelatin and stir well to combine. Allow to cool.
3. Place strawberries in the bottom of a 9-inch pie pan. Pour mixture over the strawberries. Cover and chill until firm, about 2 hours.

Makes 8–10 servings

Celebrate
Cinco de Mayo
May 5th with a
taco treat!

Taco in a Bag-*Eat a taco with a fork...straight out of a Fritos bag!*

Ingredients:

- 1.25 oz bag of Fritos (Individual size)
- Chili or taco meat (about 1/4 cup), heated
- Shredded lettuce (about 1/4 cup)
- Shredded cheddar cheese (about 3 tablespoons)
- Chopped tomato (about 3 tablespoons)
- Sour cream to taste

Directions:

1. Before opening the bag, crush the Fritos chips with your hands.
2. Open the bag and pour the warm chili or taco meat into the bag.
3. Add the cheese.
4. Add the lettuce and tomato.
5. Top with a dollop of sour cream.
6. Roll the top of the bag down to help keep it open.
7. Dig in and enjoy!

Substitution: Use Doritos, tortilla chips, or other favorite chip instead



Frederick County Department of Aging Senior Centers present:



A Senior Carnival

Friday, May 30
10 a.m.-2 p.m.
Frederick Senior Center

- Games
- Music
- Bingo
- Prizes
- Entertainment
- Food for Purchase

Activity Fee: \$5
Payable at the door



FREDERICK COUNTY
Department
of Aging

1440 Taney Avenue, Frederick, MD 21702

301-600-1605

www.FrederickCountyMd.gov/aging

It's spring fever.... You don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

Craft a May Basket



Spring has arrived and flowers are scenting the air. Celebrate May with this old custom of surprising a loved one or a neighbor by hanging a basket on his or her doorknob.

Here are a few ideas for making your own May basket, pick a few posies from your yard or purchase at the local grocery store.



May baskets can be recycled from tin or glass containers.

- Hammer holes in the sides of a tin can or a plastic frozen juice container.
- Run twine or ribbon through each hole and knot inside.
- Wrap wire below the lip of a small jar.
- Loop and twist a second wire around the first for a handle.

Mixed-Up May Day

Unscramble the letters to make words associated with May Day.

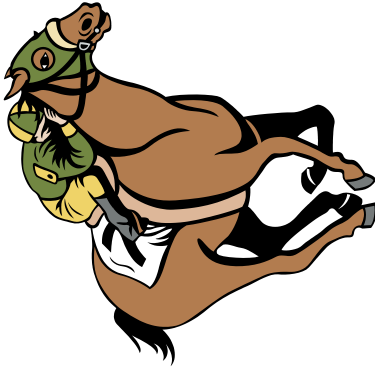


1. N S P G R I _____
2. M P O L A Y E _____
3. A M Y Q E N U E _____
4. R E H I L D C N _____
5. A N D C E _____
6. B B R N I O _____
7. E S L T I V F A _____
8. I N G B R I G N N I H E T M Y A

9. E R F L O S W _____
10. A Y M I T F R S _____
11. A R A D E P _____
12. E S K B A T _____
13. D I T T R A N I O _____
14. P U A N S R I T _____
15. B R A I O N C E L E T _____
16. O L I H A D Y _____
17. R O M S A N _____
18. G A R D L S A N _____

ACROSS

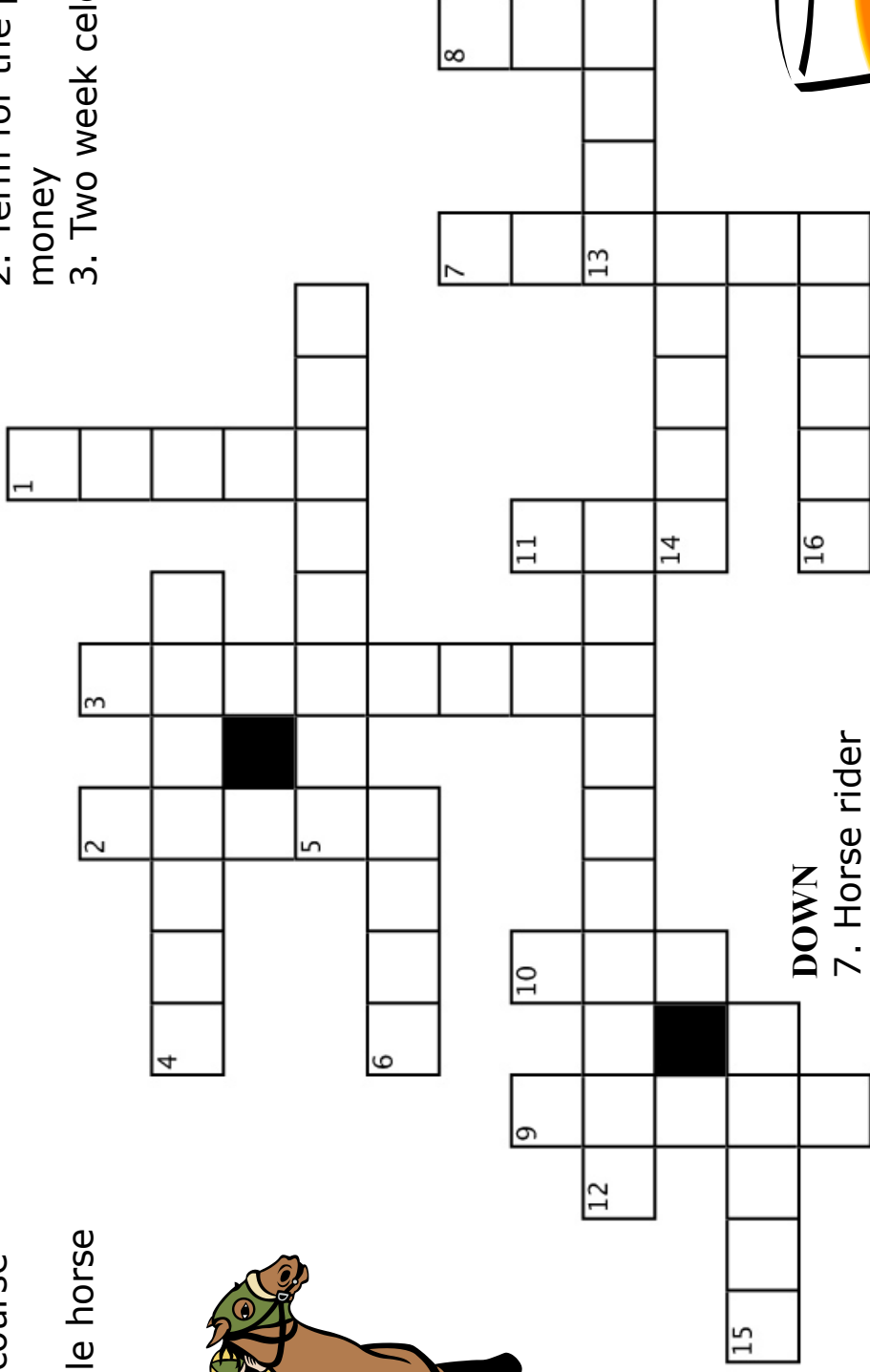
4. Approximate race length, two _____
5. What is race day
6. Contest
12. City in Kentucky
13. Male horse
14. A prepared course
15. Mint _____
16. Young female horse



Kentucky Derby

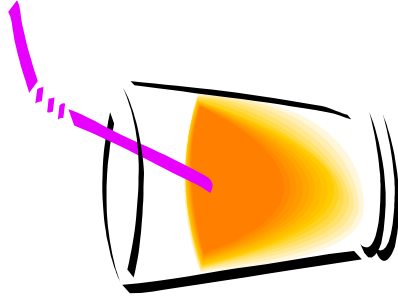
DOWN

1. Large number of people
2. Term for the prize money
3. Two week celebration



DOWN

7. Horse rider
8. Head cover
9. Red flowers
10. Be victorious
11. Wager



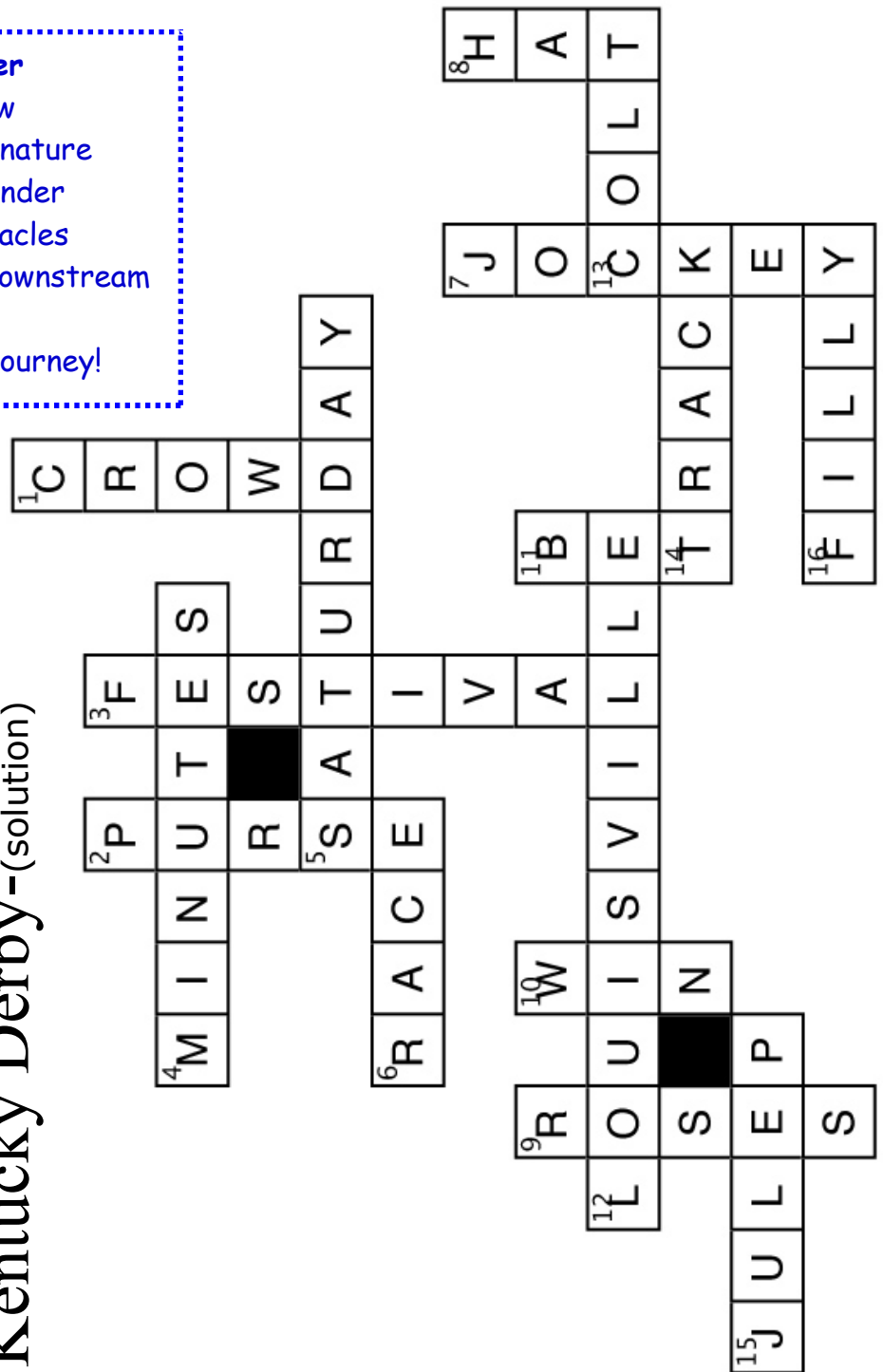
Mixed-Up May Day-solution

1. SPRING 2. MAYPOLE 3. MAY QUEEN 4. CHILDREN
5. DANCE 6. RIBBON 7. FESTIVAL 8. BRINGING IN THE MAY
9. FLOWERS 10. MAY FIRST 11. PARADE 12. BASKET
13. TRADITION 14. PURITANS 15. CELEBRATION
16. HOLIDAY 17. ROMANS 18. GARLANDS

Advice from a River

- Go with the flow
- Immerse yourself in nature
- Slow down and meander
- Go around the obstacles
- Be thoughtful of those downstream
 - Stay current
- The beauty is in the journey!

Kentucky Derby-(solution)



On the lighter side....

Old golfers never die. The just tee off and putt away.

What's worse than finding a worm in an apple? Finding half a worn.

Middle age is when all one's energy goes to waist.

Did you hear about the two octopus who strolled down Lover's Lane arm in arm In arm in arm?

TV Moms

Match the television mom to the show that she is from.

- | | |
|----------------------|--------------------------|
| 1. Edith Bunker | A. Happy Days |
| 2. Jill Taylor | B. Home Improvement |
| 3. Maggie Seaver | C. The Brady Bunch |
| 4. Florida Evans | D. Cosby Show |
| 5. Marion Cunningham | E. Mama's Family |
| 6. Morticia | F. All in the Family |
| 7. Laura Petrie | G. The Addams Family |
| 8. Lucy Ricardo | H. The Jeffersons |
| 9. June Cleaver | I. The Simpsons |
| 10. Thelma Harper | J. Leave it to Beaver |
| 11. Angela Bower | K. Good Times |
| 12. Clair Huxtable | L. Who's The Boss? |
| 13. Marge | M. Dick Van Dyke Show |
| 14. Peggy Bundy | N. I Love Lucy |
| 15. Carol | O. Growing Pains |
| 16. Louise | P. Married With Children |

Memorial Day End-to-End-(solution)
1. CEMETERY 2. CEREMONY 3. POPPIES 4. SOLDIER 5. MILITARY
6. MONUMENT 7. HOLIDAY 8. MONDAY 9. SALUTE 10. REMEMBRANCE
11. VETERAN 12. DECORATION 13. PARADE 14. PATRIOTIC
15. BARBECUE 16. TRIBUTE 17. HALF-STAFF 18. TOMBSTONE

Memorial Day End-to-End

Fill in the first and last letter to form a word associated with Memorial Day.

1. _ E M E T E R _
2. _ E R E M O N _
3. _ O P P I E _
4. _ O L D I E _
5. _ I L I T A R _
6. _ O N U M E N _
7. _ O L I D A _
8. _ O N D A _
9. _ A L U T _
10. _ E M E M B R A N C _
11. _ E T E R A _
12. _ E C O R A T I O _
13. _ A R A D _
14. _ A T R I O T I _
15. _ A R B E C U _
16. _ R I B U T _
17. _ A L F - S T A F _
18. _ O M B S T O N _

TV Moms-(solution)

1. Edith Bunker (F - All in the Family) 2. Jill Taylor (B - Home Improvement)
3. Maggie Seaver (O - Growing Pains) 4. Florida Evans (K - Good Times)
5. Marion Cunningham (A - Happy Days) 6. Morticia (G - The Addams Family)
7. Laura Petrie (M - Dick Van Dyke Show) 8. Lucy Ricardo (N - I Love Lucy)
9. June Cleaver (J - Leave it to Beaver) 10. Thelma Harper (E - Mama's Family)
11. Angela Bower (L - Who's The Boss?) 12. Clair Huxtable (D - Cosby Show)
13. Marge (I - The Simpsons) 14. Peggy Bundy (P - Married With Children)
15. Carol (C - The Brady Bunch) 16. Louise (H - The Jeffersons)

Family Ties

Find and circle all of the words that are hidden in the grid.

The remaining letters spell a special occasion for families.

F N E W L Y W E D S I S T E R S
P R O G E N Y Y G O L A E N E G
W H H A L F B R O T H E R F B A
E A U M S C S M R D R E L R I I
H L S O T O N G A E H E O C L W
P F B M N U O D N T T T H T N R
E S A C A S I M O I H H N T E U
N I N H D I T M A E R E G L A Y
S S D I N N A E R R R P A U S F
T T S L E S L S P A R T S T A E
N E I D C T E S P P I I E F S D
E R B R S N R D N V A L A U F F
R D L E E U N I E I P R O G C O
A N I N D A E S R I W P E L E L
P O N E R C U N R I S T A N I K
O B G G E R O T S E C N A N T S

ANCESTOR
AUNT
BOND
BROTHERS
CHILDREN
CLAN
COUSINS
DAD
DAUGHTER
DESCENDANTS

FATHER
FOLKS
GENEALOGY
GRANDPARENT
HALF BROTHER
HALF SISTER
HUSBAND
KIN
MARRIAGE
MOM

MOTHER
NEPHEW
NEWLYWED
NIECE
OFFSPRING
PARENTS
PROGENY
RELATIONS
RELATIVES
SIBLING

SISTERS
SON
SPOUSE
STEPPARENT
TRIPLETS
TWINS
UNCLE
WIFE